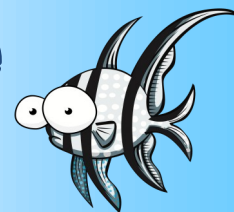


Swimming Lesson Schedule

-Spring/Summer 2012-



Welcome to the South Jordan Fitness & Aquatic Center Swim School!
We pride ourselves on providing programs that fit your specific needs.
Whether you're just starting out or a tri-athlete looking to refine your technique, we have a class for you!

Our group lessons are 30 minutes long and sessions range from 4-8 lessons.

Morning Lessons: 9am-12pm

Track	DATES	WEEK 1	WEEK 2	WEEK 3	SESSION FEES Resident/Non-Res	Registration Begins:
A	March 21-April 4 (7 Classes)	WF	MWF	MW	\$30R / \$35NR	March 7
D	April 11-27	WF	MWF	MWF	\$35R / \$40NR	March 28
C	May 2-18	WF	MWF	MWF	\$35R / \$40NR	April 18
B	May 21-June 6 (7 Classes)	MWF	WF	MW	\$30R / \$35NR No class May 28th	May 7

Saturday Lessons: 9am-12pm

DATES	4 Weeks	SESSION FEES Resident/Non-Res	Registration Begins:
April 7-28	Sat.	\$25R / \$30NR	April 1
May 5-26	Sat.	\$25R / \$30NR	April 28
June 2-30	Sat.	\$25R / \$30NR No class June 16th	May 26
July 7-28	Sat.	\$25R / \$30NR	June 30

Evening Lessons: 4-7pm

DATES	2 Weeks	SESSION FEES Resident/Non-Res	Registration Begins:
May 7-30 (7 Classes)	M/W	\$30R / \$35NR No class May 28th	April 23
May 8-31	T/TH	\$35R / \$40NR	April 24
June 4-27	M/W	\$35R / \$40NR	May 21
June 5-28	T/TH	\$35R / \$40NR	May 22

For a list of class times and to register online please visit :

www.activityreg.com

We reserve the right to cancel or combine classes as needed. Any cancellation of a registered participant will be subject to our refund policy. In the event of missed classes we are unable to provide credits, refunds, or make-ups. For safety reasons, spectators will be asked to sit on the pool benches. Dressing rooms and lockers are available.

South Jordan Fitness & Aquatic Center

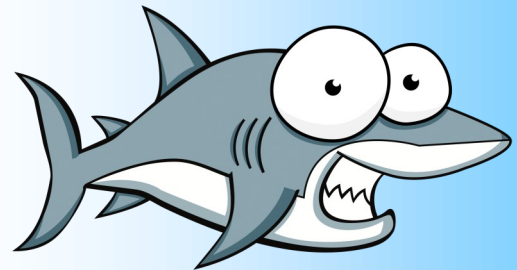
10866 S. Redwood Road, South Jordan
(801)253-5236

Use this chart to determine which level your swimmer is at:

Aqua-Tots (Class available upon request)	Skills: Parents learn to help their children blow bubbles; submerge mouth, nose and eyes; float on front and back; and retrieve dive sticks.
Level 1: Guppies	Skills: Gaining comfort with the water. Float on front and back with assistance. Able to retrieve dive sticks from shallow depth.
Level 2: Goldfish	Skills: Gaining comfort with the water without help from instructor. Float on front and back with and without kicking. Able to retrieve dive sticks.
Level 3: Angelfish	Skills: Able to float with kicking and ready to learn structured arm and leg movements. Learn to control breath for side breathing on American crawl.
Level 4: Swordfish	Skills: Learn structured movements for backstroke, elementary back stroke, and breast stroke. Able to control breathing.
Level 5: Sharks	Skills: Able to swim unassisted. Learning and perfecting strokes (American crawl, back stroke, breast stroke, butterfly, side stroke). Build endurance treading water.
Tidal Waves: Pre-Competition Swim Team	Skills: Perfecting strokes while swimming laps. Building strength, endurance, and developing healthy and safe exercise practices. See separate flyer for schedule.
Adult Lessons	Skills: All skill levels accepted.

A skills assessment will take place the first day of class to ensure that swimmers are in the most appropriate level for their success.

Swim School staff reserve the right to transfer swimmers to another level regardless of previous levels passed. Correct level placement is in the best interest of individual students and our classes as a whole.



To register for lessons...

- Visit the South Jordan Fitness & Aquatic Center
- Call 801- 253-5236 after 8am
- Visit www.activityreg.com



Times and dates are subject to change without notice. In the event of a pool closure a Safety Day will be held in lieu of lessons in the water.